

Nutritional Analysis for Breakfast Items at the Elementary Level

Updated 10-8-15

Fat, Saturated Fat, Fiber, and Carbohydrates are measured in grams and Sodium in milligrams.

Item	Serving Size	Calories	Fat Grams	Sat. Fat	Sodium	Carbs	Sugars	Fiber
Animal Graham Minis	1 Pouch	100	3	1	140	18	6	1
Animal Crackers, Whole Grain	31 grams	120	5	0	115	20	6	2
Apples, Fresh	3"	95	0	0	2	25	19	4
Applesauce	4 oz	50	0	0	20	12	8	2
Apple Juice (Pouch)	4 oz	60	0	0	10	15	12	0
Banana	6-7"	90	0	0	1	23	14	3
Cheerios Cereal	28g bowl	100	2	1	140	20	1	3
Cinnamon Toast Crunch Cereal	28g bowl	110	3	0	160	22	6	3
Cocoa Puffs Cereal	28g bowl	110	2	0	160	25	8	2
Trix Cereal	28g bowl	110	1	0	140	24	7	1
Oat Crunch Bar	35 grams	140	4	1	140	25	9	3
Milk, Chocolate Fat Free	8 oz.	130	0	0	180	24	22	0
Milk, Fat Free	1/2 pint	80	0	0	120	11	11	0
Milk, Low Fat	1/2 pint	100	3	2	120	11	11	0

***Notice: The data contained within this report should not be used for and does not provide menu planning for a child with medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**